



Volunteers' Week: A UK-Wide Celebration



Running from Monday 1st June to Sunday 7th June, Volunteers' Week is an annual UK-wide campaign held to celebrate and recognise the contributions of volunteers.

Launched in 1984, this initiative has been running for over 40 years, providing organisations and communities a platform to thank current and past volunteers for their invaluable efforts. The campaign highlights the diversity and unity of volunteer work across the UK and as a way of saying thank you from White House Cancer Support, to thank our volunteers we are holding an afternoon cream tea event on Friday 5th June.

To learn more about wider volunteering opportunities contact Dudley Volunteer Centre on 01384 573381 or if you are interested in volunteering for White House Cancer Support, contact us on 01384 231232.

Early cancer diagnosis in England reaches highest ever level

The proportion of patients being diagnosed with cancer at an early stage in England has risen to its highest ever level, according to NHS analysis.

Latest data on 13 of the most common cancers, such as breast, prostate and lung cancer, shows that nearly three in five patients are now being diagnosed at stages one or two, when the cancer is easier to treat. The increased number of cancers being caught earlier follows a major drive by the NHS over the last two years to encourage millions of people to come forward for potentially life-saving checks, especially those who may be at higher risk as a result of hereditary or lifestyle factors. Among the initiatives rolled out by the NHS to help catch more cancers earlier are its innovative NHS Lung Health Check (Targeted Lung Health Check Programme (TLHC)) and Liver Health Programmes. Additionally, hi-tech mobile scanning trucks and vans placed in the heart of communities to offer in-depth checks to people at shopping and community centre, sports stadiums, etc., is helping to raise awareness alongside making facilities more accessible to community members. Additionally, NHS and voluntary organisations are scheduled to visit community settings during early May – see schedule below:

Black Country Cancer Bus Tour 2026				
Date	Location	Venue	Time	Theme
Tuesday 5 th May	Dudley	Stafford Street Car Park. DY1 1SB	10am-4pm	General Health awareness. Market place event at Provision House at the same time, and with 2 GP surgeries
Wednesday 6 th May	Wolverhampton	Queen Square, WV1 1TX	10am-4pm	General awareness plus a drop in Skin Clinic delivered by Dermatology team from RWT
Thursday 7 th May	Walsall	Sainsburys, Reedswood Way, Walsall, WS2 8XA	10am-4pm	General awareness plus a focus on Men's Health and screening programmes
Friday 8 th May	West Bromwich	New Square Shopping Centre West Bromwich, B70 7PP	10am-4pm	General awareness plus a focus on Lung Cancer, Lung screening and Vaping
Saturday 9 th May	Merry Hill Centre	Outside M&S / Argos DY5 1QZ	10am-4pm	General awareness plus focus on Women's Health and screening programmes

Office closure

White House Support will be closed for the following bank holidays:

Monday 4th May 2025

Monday 25th May 2025



Cancer News & Awareness



Cancer mutation map

The Institute of Cancer Research, alongside The University of Manchester have released a comprehensive map of the genetic mutations that fuel. The hope is it will offer clues to why bowel cancer rates are increasing in young people.

The research looked at hundreds of millions of mutations from 16 types of cancer, where 134 mutations were spotted, 26 of which had not been seen before.

The recent study found a homologous recombination deficiency (HRD), suggesting more than 7,700 breast cancer patients and over 1,000 ovarian cancer patients in the UK could benefit each year from HRD-targeted therapies.

The research also found a link between toxins released by certain bacteria in the gut being present in young adults with bowel cancer.

Professor Richard Houlston of the Institute of Cancer Research highlighted the insight gained from such a large study and how genetics can unlock vital clues in cancer treatment.

<https://www.icr.ac.uk/about-us/icr-news/detail/uk-scientists-create-most-detailed-map-yet-of-mutations-that-drive-cancer> cited 17.04.26

What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

The theme for Carers Week 2026 is Building Carer Friendly Communities. This will highlight the impact carer friendly communities can have in making a real and lasting difference to the lives of carers everywhere. The campaign will be brought to life by thousands of individuals and organisations taking action to ensure more communities understand, recognise, and empower carers.

Resources to support carers can be found at: <https://www.macmillan.org.uk/cancer-awareness/carers-week> Cited 22.4.26

Cancer waits times

Pressure on NHS cancer services has been mounting. Diagnosing and treating cancer early are key to saving lives and reducing stress and anxiety. In December 2023, data reporting was brought in line with NHS England targets under three key standards. Faster diagnosis, 62-day referral to treatment and 31-day decision to treat.

The latest data from December 2025 shows all three standard targets have been missed.

Faster diagnosis

The target of 75% of people having their cancer diagnosed or ruled out within 28 days was missed by over 3%.

62-day referral to treatment

A target of 85% was set for people with an urgent referral to begin treatment within 62 days. This target has been missed with only 68.4% of people starting treatment.

31-day decision to treat

A target of 96% was set for people to start treatment within 31 days of a treatment plan being put in place. This was again missed with 89.8% starting treatment.

Cancer Research have implied the importance of these targets and that missing them can have negative outcomes such as progression and reinforced that behind the numbers are real people navigating a very difficult time.

The cancer care plan published in February 2026 commits to meeting all cancer wait times by 2029 and Cancer Research suggest more funding is needed to increase NHS capacity and improve performance.

<https://news.cancerresearchuk.org/2026/03/15/cancer-waiting-times-latest-updates-and-analysis/> cited 16.04.26

Cancer News & Awareness

Sun awareness week - 11th - 17th May 2026



Sun Awareness is the British Association of Dermatologists' annual campaign to raise awareness of the damage the sun can cause to skin, how to protect your skin and the increased risks of skin cancer.

Advice for being safe in the sun includes putting on sunscreen at least 30SPF and at least 4-star UVA protection, wearing a hat, and covering up where possible.

Over-exposure to the sun's rays can cause serious damage to your body, with two common types of cancers (non-melanoma and melanoma). Symptoms of skin cancer include: a sore or area of skin that doesn't heal within 4 weeks, looks unusual, hurts, is itchy, bleeds, crusts or scabs for more than 4 weeks.

For more information about skin cancer and the signs and symptoms visit <https://www.skincancer.org/skin-cancer-information/> cited 21.04.26

Sarcoma Awareness Month – July 2026

A sarcoma is an uncommon cancer that commonly affect the arms, legs and trunk but can also appear in the stomach



and intestines as well as behind the abdomen. It can affect the inside or outside of the body, including the muscle, bone, tendons, blood vessels and fatty tissues.

As with all cancers early diagnosis is key and symptoms of sarcoma can vary depending on the size and location of your tumour. You may experience a lump or swelling in the soft tissue of the body under the skin, often on the arm, leg or trunk. The lump may increase in size, be larger than 5cm and is usually painful, but not always. If you have any concerns about a lump or swelling, please contact, you GP as early as possible.

For anyone diagnosed with a sarcoma, Sarcoma UK are a great organisation with lots of information and details of support available on their website at www.sarcoma.org.uk/ cited 21.04.26

Dying matters week - 4th—10th May 2026



This week aims to break down barrier around death and bereavement, encouraging people to talk about their death, matters that are important to them and raise awareness of support available to those who are grieving. Here at White House Cancer Support we offer a number of services that may assist with this including:

Will Writing Service

Working with Dunham McCarthy solicitors, we are offering a free online will writing service in return you will be asked to leave a gift in your will to the charity. This can be done via the following website www.mylastwill.co.uk/coupon/S2C

Alternatively, if you would prefer a face-to-face appointment to complete your will this option is also available.

1-2-1 counselling

Our emotional support service is provided by a team of counsellors who give 1:1 support to anyone affected by cancer including patients and those who have suffered loss as a result of cancer.

For more information on any of the above services please contact us on 01384 231232 or email info@support4cancer.org.uk

There are a number of cancer awareness months and their associated activities will be featured throughout a variety of media outlets. Unfortunately, we do not have the capacity to feature and profile each specific cancer, we have below highlighted a few however, greater details concerning all specific cancers and their awareness raising activities will be featured on our social media pages throughout the year.

Lets get together

<u>Breast Cancer Care Group - 2pm</u> The White House	Tuesday 12th May Tuesday 9th June Tuesday 14th July	Open Meeting Open Meeting Open Meeting
<u>Bowel Cancer Group - 2pm</u> The White House	Tuesday 26th May Tuesday 23rd June Tuesday 28th July	Open Meeting Open Meeting Open Meeting
<u>Evening Support Group - 6pm</u> The White House	Tuesday 12th May Tuesday 9th June Tuesday 14th July	Open Meeting Open Meeting Open Meeting
<u>Prostate Cancer Group - 2pm</u> The White House	Tuesday 19th May Tuesday 16th June Tuesday 21st July	Public Health for Adults Dudley C.A.B Speaker - Classic Cars
<u>Rainbow Breast Reconstruction Group - 10:30am</u> The White House	Thursday 21st May Thursday 18th June Thursday 16th July	Open Meeting Open Meeting Open Meeting
<u>Upper GI Group - 2pm</u> The White House	Thursday 4th June	Open Meeting
<u>Halesowen Group Meetings - 12pm</u> Halesowen Library	Wednesday 13th May Wednesday 10th June Wednesday 8th July	Open Meeting Open Meeting Open Meeting

Weekly activities

Open support group - Monday 1:30pm - 3.45pm

Art Therapy - Wednesday 2pm - 4pm

Yoga - Wednesday 10:30am - 11:30am

Relaxation - Thursday 10am - 11:15am

Craft Group - Friday 11am - 1pm

Fundraising & General information

We are pleased to introduce you to Jane, a personal travel consultant who can help with all your travel needs.

Last year, Jane came to The White House following a breast cancer diagnosis to help support the work we do any holiday booked with Jane where you mention "The White House" the charity will receive a donation at no extra cost to you.

Janes travel planning services are entirely free, so whether you know exactly where you want to go or have just a few ideas, Jane is there to help you turn those dreams into a reality.

More details can be found on the below website

<https://notjustholidays.com/whitehousecancersupport>

Or by contacting Jane directly on 07980 474195 or email jane.bevan@notjusttravel.com



In April 2023 White House Cancer Support was chosen as the beneficiary of The Louise Lloyd Legacy.

In February 2021 Louise was diagnosed with advanced Gastric cancer, sadly the outlook was not positive. However, Louise rolled up her sleeves and started work researching what she could do to help with her fight. Integrative care became her passion, and all the evidence suggests that the extra things she did prolonged her life, reduced the nasty side effects of chemotherapy, and gave her a quality of life that enabled her and her family to make precious memories.

Louise's aim when she was in recovery was to establish a charity and share what she had learnt and support individuals who weren't as fortunate to have the means to take every opportunity available, since Louises passing the family have made the decision to raise funds in her memory to support The White House in our mission to provide services to support people affected by cancer.

To say we have been blown away by Louise's family and the decision to receive the funds is an understatement and we are sure you will join us in thanking the family and those that have supported them, to date the charity has received **£28,535** in memory of Louise and we look forward to working with them in the future and ensuring Louise's wishes are carried out.



We will be holding our fish and chip lunch on Tuesday 14th July. Tickets will be £10 per person and include a mini fish and chips, bread and butter and drinks. Tickets can be purchased from reception, by phone 01384 231232 or email info@support4cancer.org.uk

Follow us on social media



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White House Cancer
Support



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